

# Puddle Jumper:

## A Rainy Day Sensory Story



Joe White

Rain on the window  
Watch it run down

That means...



#### Suggested Sensory Resources

Empty pop bottle with small amount of water in.

Silver /white/blue confetti

#### Suggested Movements

Wiggle fingers

Move arms down

Move head up and down slow

Clothes on  
Dressed, thick and warm

That means...



#### Suggested Sensory Resources

Warm Hat, scarf

Blanket

wool

#### Suggested Movements

Mime pulling hat on

Arms up and out

“hug” self

# Wellies

Heavy, rubber and bendy

That means...



## Suggested Sensory Resources

A Welly

Bendy fidgets

## Suggested Movements

Bend at waist

Flop left and right

Relax lying down

Outside  
Chilly, cold, damp

That means...



#### Suggested Sensory Resources

Fan

Ice cubes in bag

#### Suggested Movements

Shiver

Wave arms

Blow out

# Warm up

## Dance, run and bounce

That means...



### Suggested Sensory Resources

Squeeze

Box of bouncy balls

Wave material

### Suggested Movements

Dance moves

Jump (or lift legs/arms)

Run in circle

# Puddles

Perfect, bright and shiny

That means...



## Suggested Sensory Resources

Tin foil

Blue goop/slime

Light box

## Suggested Movements

Slowly spread arms/legs

Lie on floor

# Jumping Higher, up and up

That means...



## Suggested Sensory Resources

Rubber resistance bands

## Suggested Movements

Jump (or hoist)

Reach arms up

Stretch

Landing  
Both feet, deep

That means...



#### Suggested Sensory Resources

Press against soles

#### Suggested Movements

Bend knees

Feet together

Balance on one leg alternate

# Splashing, Ripples, waves and drops

That means...



## Suggested Sensory Resources

Splash Sound effect

Water spray

Water tray

## Suggested Movements

Wiggle on floor

Move hands out from chest

Bring hands together.

# Again Again and Again

That means...



## Suggested Sensory Resources

More water spray

Silver confetti

Splash sound effect

## Suggested Movements

Jump up and down

Row child's legs

# Soaking Soggy, wet clothes

That means..



## Suggested Sensory Resources

Wet cloth

Wring out cloth

## Suggested Movements

Wringing movement

Arms out to sides

Heavy walking

Towel  
Hot Chocolate, dry

*The Puddle Jumpers.*



#### Suggested Sensory Resources

Hot chocolate to taste/smell

Hairdryer

Towel

#### Suggested Movements

Shake body

Rub hands together

# The End

For The ripple makers  
The super splashers  
The puddle jumpers

